In the claims:

1. (original) A program product for a station capable of communicating in a wireless communications network via a radio frequency channel, the program product comprising a computer readable medium having embodied therein a computer program for storing data, the computer program comprising: logic for receiving a message from an access point, the message containing information about the access point's power level; logic for adjusting transmit power in response to the information in the message.

2. (original) The program product of claim 1 wherein the information is a transmit backoff level that indicates how far the access point's power has been reduced.

3. (original) The program product of claim 2 wherein the logic for adjusting transmit power sets the station's transmit power to the transmit backoff level received in the message.

4. (original) The program product of claim 3 further comprising: Logic for transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.

5. (original) A program product for a station capable of communicating in a wireless communications network via a radio frequency channel, the program product comprising a computer readable medium having embodied therein a computer program for storing data, the computer program comprising: logic for receiving a message from an access point, the message containing a transmit power backoff level that indicates how far the access point's power has been reduced; logic for adjusting transmit power by setting the station's transmit power to the transmit backoff level received in the message; and logic for transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.